

Exaltation of the Holy Cross (Sept 14) Activities for the Domestic Church (family)

If you don't have an icon for the Feast you can print one at www.eeparchy.com.

1. Learn about it: Access the Bozhi Dity (God's Little Children) lesson on the Edmonton Eparchy Website. You will learn about the Feast of the Exaltation of the Holy Cross and have fun making flowers to decorate your crosses:

<https://eeparchy.com/children/>

2. Count: all the crosses you can find in your house. They may be hanging on the wall, jewelry crosses, in icons or pictures, on religious books, even fridge magnets or art projects! This can become a real treasure hunt. You may be surprised at how many you have. (If you don't have many you might want to acquire some 😊).

3. Decorate: the crosses you found all around your house with flowers from your yard, garden, purchased or tissue paper flowers from the Bozhy Dity lesson that you made together.



4. Practise: making the sign of the cross and prostrations. Watch videos of Marilyn the catechetical puppet to learn about it at www.theosis.com or click here: [How to make the sign of the cross Blog #2](#) and [Mary's yes and prostrations Blog #7](#).

5. Pray together:

Process together to your icon corner or small table. Have one person hold the icon of the Exaltation of the Holy Cross. One person can carry a cross. The others can hold flowers. Place the icon, and cross in the corner and put flowers in front and around the icon and the cross.

Pray:

*To Your cross, O Master, we bow in veneration, and we glorify Your holy resurrection
(3X with prostrations)*